

Low Maternal Weight Gain (AK 14 -USDA 131)

Explain to Participant

You're enrolled in the WIC program today because your weight gain during this pregnancy is lower and slower than recommended. The amount of weight you gain during a pregnancy has a lot to do with how big your baby is growing. If you're not gaining enough weight, chances are that your baby may be born too small. Babies born too small can have a lot of mental and physical problems.

Goal

The goal is to improve your pregnancy weight gain so your infant's birth-weight and health are good.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
See your doctor regularly to monitor your pregnancy and the baby's growth.
Explain the nutrition education material suggested.
Take prenatal vitamins every day.
Eat a variety of foods from all the food groups every day.
Drink 8 glasses of water every day

Nutrition Education
Material Suggested

Foundation for Fitness...for Your Special Delivery (Available in Spanish)

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Eating for Two-Nutrition During Pregnancy (Available in Spanish).